

hey porter

ALL DAY MENU

TOAST 7.50

sourdough | grain | white
fruit sourdough | gluten free +\$2.00
w/ housemade strawberry jam | peanut butter | honey |
vegemite | Pana Organic Choc Hazelnut Spread

PORRIDGE 15.50

cinnamon, maple mascarpone & stewed apples
V, VGO

EGGS ON SOURDOUGH 10.00

poached, fried or scrambled
chilli scrambled + \$2.50
V, GF+\$2.00

\$5.00 ea GF | bacon | salmon | avocado | halloumi
\$4.00 ea GF | mushrooms | hashbrown | feta
\$3.00 ea GF | spinach | tomato | hollandaise | pesto
\$2.00 ea GF | tomato relish | GF toast | extra egg
\$1.50 ea | extra toast | tomato sauce

SMOOTHIE BOWL 16.50

pureed mango, berries, coconut, chia and dates filled
for a bowl of wholesome goodness

ORANGE BUTTERMILK PANCAKES 16.50

with maple mascarpone, orange segments, Pana Organic
Choc Hazelnut Spread & chocolate bark

V, GF+\$2

AVO SMASH 17.50

on sourdough with halloumi, beetroot hummus, crispy
kale, poached egg & dukkah

V, VGO, KO, GF+\$2

BREAKFAST ROTI WRAP 16.50

chilli scrambled eggs, relish, cheese, grilled corn, avocado,
spinach & hashbrown

add bacon +\$5.00

V, GF+\$2

EGGS BENEDICT 17.50

poached eggs on English muffin with spinach, housemade
hollandaise & choice of

bacon | ham | smoked salmon | mushrooms

VO, GF+\$2

POACHED EGGS ON HASH 19.50

with whipped feta, bacon, avocado & beetroot
hollandaise

VO, GF, KO

GREEN EGGS 16.50

poached eggs with sauteed zucchini & sprouts,
spinach & kale. Topped with spiced pepitas &
avocado.

V, VGO, GF, K

PEA & MINT FRITTERS 17.00

with whipped feta, avocado, spinach & choice of
smoked salmon - OR - bacon

add poached egg +\$2.00

VO, GF

CAULIFLOWER RICE SALAD 17.00

Indian spiced, with pomegranate, carrots, spinach,
pickled red onion, crispy halloumi and yoghurt.

Add Chicken or Felafal +\$5

V, VGO, GF, K

CAESAR SALAD HEY PORTER STYLE 16.50

Crispy prosciutto, chicken, avo cos, crunchy
chickpea croutons

Add poached egg +\$1.50

GF, KO

OKONOMIYAKI 16.50

savoury pancake of potato, corn, onion & cabbage,
topped with Japanese mayo & kimchi salad

add poached egg +\$2

V, GF

BIBIMBAP 17.00

soy & sesame pork mince, brown rice, spring
onion, avocado, spinach, carrot & fried egg

VO, GF, KO+\$2

FRIES 8.00

with aioli GF, V, VG

WE CAN ADAPT TO ANY DIETARIES
YOU HAVE

ALL ITEMS AVAILABLE TAKE AWAY

ASK US ABOUT SMALLER ITEMS IN
OUR DISPLAY FRIDGE

V= vegetarian / VO= vegetarian alternative available

VG= Vegan / VGO+ = vegan alternative available

GF= gluten free / GF+ = gluten free alternative available +\$2

K= keto, low carb / KO = keto, low carb option available

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DRINKS

Coffee by Woolshed Roastery \$4.00

(also available on ice)

espresso / short macchiato **\$3.50**

chai latte | turmeric latte | **\$4.00**

hot chocolate | white hot chocolate | mocha **\$4.00**

chai tea brewed leaf latte **\$5.00**

add our locally harvested honey + .50

extra shot | decaf | mug | extra milk + .50

syrops- vanilla | hazelnut | caramel + .50

milk alternatives:

bonsoy | milklab almond |

oat milk | lactose free **+\$1.00**

tea by Love Tea \$4.00

english breakfast | earl grey | moroccan mint | chai |

green | chamomile | immunity | lemongrass & ginger

remedy kombucha \$5.50 | ginger & lemon | raspberry lemonade
| cherry plum | mango passion

mineral water \$4.50

karma drinks \$5

lemmy lemonade | lemmy lime & bitters | karma cola

(Fairtrade & organic, all money from every karma drink sold goes back to the growers over in Sierra Leone)

dash sparkling water \$4.50

mineral water infused with 'wonky fruit' - fruit that would otherwise be thrown away
cucumber | peach | lemon

nectar cold pressed juice \$5.00

"sweet cheeks" : watermelon, apple, raspberry, lime

"green with envy" : apple, celery, spinach, kale lemon, cucumber, parsley

freshly squeezed orange juice \$8.50

soft drink \$4.00 | coke | coke no sugar | lemonade | lemon lime bitters

juice \$4.50 | apple | orange

kids pop top \$4.00 | apple | orange

smoothies \$9.00 | banana | mixed berry

milkshakes \$6.50 thickshake \$8.00

chocolate | strawberry | vanilla | caramel | banana | blue heaven | lime

fancy milkshakes \$8.50

chai | coffee | hazelnut | nutella

iced coffee \$7.00 | **iced chocolate \$7.00** (with cream +.50)

spiders \$6.50 | raspberry | coke | lime

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homewares & hampers

take home meals

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